

# Cardiovascular Health in Missouri



The heart of the matter...

## Trends and Disparities



Missouri ranks second in the nation for deaths attributed to heart disease.



Serious cardiovascular health disparities exist for minorities in Missouri. African Americans have a death rate 1.25 times higher.



In 2001, 70% of African American women in Missouri were overweight or obese. These rates have been increasing over the past ten years. Being overweight or obese increases one's chance of developing and dying from coronary heart disease and stroke.

**The statewide Heart Disease death rate is 308.2 per 100,000. There are stark differences among the counties. The range extends from a low of 212.6 in Howard County to 502.7 in Pemiscot County.**

## Heart Disease Death Rates by County, 1992-2001\*

